How to overcome

Emotional Torture

EDRIS KIBALAMA

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“Your writing is both inspirational and motivating…”

Halima Sarki

Abuja Nigeria

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Introduction

In The Name of Allah, The Entirely Merciful

The Especially Merciful

This is a book about How to overcome

Emotional Torture(Original quotes/

statements)- by the will of Allah.

Text(Matn)

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

What some people don’t know is that it is the initial bouts of emotional resistance, being forbearing with the emotional oppressor and not giving in to their wanton demands. The beginning and middle is

possibly the hardest part. You have to remember, nothing of this temporal abode lasts forever, so,

“until you endure,
it is then that,
you would sooner or later find the eternal cure.”

Be strong. Be patient, turn back to the One Creator(Allah), strive to worship Him alone, pray to him, supplicate to Him, ask

Him(Allah) to rescue you, and assist you against your oppressors, pray for Allah to guide them and all of us.

And importantly:

A poem

That's the thing...

To your enemy never give in,

Sooner or later their plots would wear really thin,

And that's the thing

Your Oppressor doesn't bare any...

Just like a bear hanging on to dear life,

Hanging from the cliff with only a piece of thin string,

And that's the thing,

Your oppressor doesn't mean any…

If you knew the pitiful, sad reality of your oppressor,

You would cry as a new born baby would on a swing,

And that's what he takes you to be,

hence their negative and unthoughtful spur of the moment inclink…

So be strong,

because your oppressor is important to your success, no more than a blocked pipe is, under a kitchen sink...

In the long run, Allah has put them into your life just to make you stronger, and as a test,

so be strong, be patient, seek knowledge, be wise and always reflect, ponder and unlike your oppressor, always use your heart to think.

May Allah guide us all Ameen

Bonus Chapter

Knowing Allah, Most High, free of all imperfections

His names and attributes are in the Quran and sunnah.

He is The King, The Everliving, Assamad, rose above His Throne in a

manner that befits His Majesty, sees and hears from above The Seven Heavens. He is perfect and free from any deficiency, Nothing is like unto Him. He is The Most Wise, He is the best at putting everything in its proper place.

If you lose the link to your Creator, your life is meaningless.

The best slaves of Allah are those that worship Allah with all His Names.

Enumerating the names of Allah is knowing them and worshipping Him with them.

The best knowledge is the knowledge of Allah.

The one who knows Allah recognises other things. The one who doesn't know Allah can't recognise anything else.

The one who forgets Allah, loses himself.

The knowledge of Allah is the basis of every other knowledge

Knowledge of Allah allows a slave to give the proper estimation to Allah.

Prophet’s du’a/ supplication: I can not enumerate praising you, you are as you praised Yourself

Knowledge of Allah leads to loving Allah, fearing Allah, and raja’- longing to meet Him.

Knowing Allah leads to a sweetness in the heart, and wanting to worship Him, and(wanting) to be close to Him and(wanting) to listen to His words(The Qur aan)

Maalik Ibn Dinar:

The people of this world left it without tasting the best of it;...knowledge of Allah the most High.

When the knowledge of Allah is strengthened, the eagerness to be close to Him(also) strengthens.

Ibn Mas'ud:

The believer will not have any rest except(with Allah), by being closer to Him, and remembering Allah.

Chapter 13 verse 28

By the dhikr/ remembrance of Allah(do) hearts find rest

The Prophets were given choice to increase their life on Earth, or to return back to Allah, they chose to return back to Allah.

Bukhaari: Chapter; The one who wants to meet Allah, Allah will love to meet him.

Prophet(Muhammad Peace be upon him) said at his death bed:

Allahumma Rafiiqul A'laa
Oh Allah, to The Highest Companionship.

These words were the last words the Prophet(peace be upon him) spoke. He meant, to Allah Himself(Rafiiqul A'laa)

Bonus Chapter

Spiritual Levitation 1: The Other side of Abstemiousness

1. Face your fears, and pray to Allah always

2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/ continually

3. If you choose a life of worshipping Allah in all that you do in your life, then(by His

will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.

6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything

8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.

9. The more you practice Zuhd(Orthodox Islamic Abstemiousness), the more your heart lets go of the world. Then the more

the world clings on to you(metaphorically speaking)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his

companions and all of those that follow them till the day of Judgement.

FINAL WORD

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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse 27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah Qiyaamah(The Resurrection) Verse 2

3.Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this Ameen

Bonus Chapter 2

‘Uboodiyyah: Beyond Temporary Friendship

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. If you don't let go to worldly love, you'll never know which relationship is meant to be permanent, and which was meant to be temporary; for the good of yourself.

Take the example of Prophet Ibrahim(upon him be peace and Salaam):

The important thing(wa Allahu A'laam/ and Allah knows best) is that Allah wanted Ibrahim('aleihimussalaatu wa salaam/ upon him be peace and Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who would part from the dunia/worldly life from their hearts(wa Allahu A'laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all Ameen

Bonus Chapter 3

Spiritual Levitation 2: The Other Side of Abstemiousness/ Zuhd

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. Never let go of your(correct) religious principles

2. The enemies surrounding you(i.e. Shaitan/ satan and dunia/ the seeming glitter of the world) (and within you, (i.e. your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant(i.e. by supplicating to Allah always), be informed(i.e. seek knowledge) and be ready(for the ongoing spiritual battle/ warfare) and on guard(by beseeching Allah's assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter if your life to begin

4. Whatever is with Allah(by His protection)/ Everything that is with Allah(by His protection) is never lost

5. It is at that breaking point, when you literally(and metaphorically) feel that you are fast-approaching rock bottom(or anguish is about to set in); that is the time to supplicate for all the good that you wish for. Then wait for the miracles that shall follow(only by the will of Allah)

6. Always ask for Allah's bounties/ favours upon you(, whether you hear the cockerel crow or not)

Bonus Chapter 4

Introduction to Pre-destiny: The Sea Without a Shore

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His

Family, His Companions and all those that follow him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al ‘Ilm(knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen(in the

future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

‘Aml(Action/ Deeds)

That Allah created/ creates everything, including our actions.